

# WEEKEND BRUNCH SATURDAY AND SUNDAY ☺

SAT + SUN 11 - 3

- SHAKSHOUKA BENNY BOWL VO/GF** 19<sup>3</sup>/<sub>4</sub>  
Crispy potatoes, stewed tomatoes, roasted beets, spiced chickpeas, feta, parsley, cilantro, cauliflower hollandaise, with a farm run egg OR grilled avocado
- APPLE PIE WAFFLES V** 17<sup>1</sup>/<sub>2</sub>  
Vanilla protein waffles, apple butter, coconut whip, maple caramel, snickerdoodle streusel, fresh apple & candied pecans
- SMOKED CARROT "LOX" ON TOAST V** 18<sup>3</sup>/<sub>4</sub>  
Plant-based feta, dill, capers, red onion, nori, crispy potatoes, organic greens
- CHORIZO RANCHERA BOWL VO/GFO** 22<sup>3</sup>/<sub>4</sub>  
Plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija cheese, cherry tomatoes, cilantro, chilli sauce
  - ♦ add a farm run egg OR grilled avocado 3 or 4

## BOOZEY BOOZE

- ♦ **Bottle of Hatch Bubbles 'Octobubble' Sparkling Rosé** 45
- ♦ **Bloody Frankie Vegan Caesar 10z** 13<sup>1</sup>/<sub>2</sub>
- ♦ **Hot or Iced Coffee + Housemade Vegan Bailey's 2oz** 10<sup>1</sup>/<sub>2</sub>
- ♦ **Seasonal Mimosa 3oz**

TUESDAYS

- ## TACO TUESDAY ☺
- KOREAN FRIED MUSHROOM TACOS V/GF** 10<sup>1</sup>/<sub>2</sub>  
Fried enoki mushrooms, yangnyeom sauce, lime crema, pickled daikon, sesame, green onion
    - ♦ Single Taco 6<sup>3</sup>/<sub>4</sub>
  - COMBO DEAL! V/GFO** 74  
2 orders of tacos + 1 queso + 1 chile lime fries + 1 salad + 2 margaritas OR 2 beers

## BOOZEY BOOZE

- ♦ **Neighbourhood Pilsner 20oz** 9
- ♦ **Margaritas** 10<sup>1</sup>/<sub>2</sub>
- ♦ **Frankie's Sugar Free Orange Blossom Lime Soda** 5

EVERY WED FROM 5PM

- ## WING WEDNESDAY ☺
- CAULIFLOWER WINGS V/GF** 13 each
    - ♦ Nashville Hot 'n Sticky
    - ♦ Chilli Lime
    - ♦ Maple Garlic
  - COMBO DEAL! V** 74  
2 wings, 2 burgers, salad, fries and 2 beers

## BOOZEY BOOZE

- ♦ **All beers** 8
- ♦ **Bloody Frankie Vegan Caesar** 13<sup>1</sup>/<sub>2</sub>  
Fresh pressed carrot juice, tomato, pink peppercorns, crispy nori & vodka

EVERY SUN FROM 5PM

- ## RAMEN SUNDAY ☺
- FRANKIE'S FAMOUS PUMPKIN RAMEN V/GFO** 23<sup>3</sup>/<sub>4</sub>  
Roasted Japanese pumpkin, charred corn, edamame, napa cabbage, miso pumpkin ramen broth, pumpkin seed togarashi, green onion

## BOOZEY BOOZE

- ♦ **Hakutsuru Junmai Sake** 17
- ♦ **BNA Wolverine Lager** 6
- ♦ **Mt Boucherie "Mt Bubbles" Sparkling Wine 6oz** 11
- ♦ **Organic Cherry Blossom Tea** 4

GF = GLUTEN FREE  
GFO = GLUTEN FREE OPTION  
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# HAVE A DRINK

ALL OF OUR DRINKS ARE VEGAN.

## FRESH JUICES (12oz)

### LIQUID SUNSHINE JUICE 9<sup>3</sup>/<sub>4</sub>

Pineapple, carrot, grapefruit, lemon, ginger, turmeric

### DR. GREENLOVE JUICE 9<sup>3</sup>/<sub>4</sub>

Spinach, celery, cucumber, lime, organic Scenic Road apple

### STRAWBERRY PASSION FRUIT 9<sup>3</sup>/<sub>4</sub>

Strawberry, passion fruit, coconut water, lemon

## FRANKIE'S LEMONADES 6

Made from scratch

- ♦ Raspberry Hibiscus
- ♦ Strawberry Mint
- ♦ Blueberry Lavender

## FRANKIE'S SUGAR FREE SODAS 6

Sweetened with house-made monkfruit syrup

- ♦ Orange Blossom Lime
- ♦ Elderberry Lemon

## SAJIVA KOMBUCHA (12OZ) 6

- ♦ Rotating Tap

## COCONUT WATER 6

## CRAFT SODAS 6

Botanically brewed

- ♦ Fentimans Ginger Beer
- ♦ Boylan Natural Cola

## ICED COFFEE 6

Tug 6 coffee, creamy oat milk, shaken over ice with simple syrup, or sugar free monkfruit syrup

- ♦ Add house made chai OR vanilla syrup 1<sup>1</sup>/<sub>2</sub>
- ♦ Sub sugar-free house monkfruit syrup 2

## ORGANIC APRICOT ICED TEA 6

Shaken over ice with simple syrup

- ♦ Sub sugar-free house monkfruit syrup 2

## HOT

## TUG 6 CRAFT COFFEE 5

- ♦ Add house-made chai OR vanilla syrup 1<sup>1</sup>/<sub>2</sub>

## LOCAL CHAIBABA TEA 5

Rotating flavours (may contain nuts)

## BC VQA WINE

### WHITE

	6oz	9oz	750ml
<b>KETTLE VALLEY</b> • 2022 Pinot Gris	11 <sup>3</sup> / <sub>4</sub>	17	45 <sup>1</sup> / <sub>2</sub>
<b>HILLSIDE</b> • 2022 Heritage Viognier	—	—	49 <sup>1</sup> / <sub>2</sub>
<b>LA STELLA</b> • 2023 Leggiero Chardonnay	14	20 <sup>1</sup> / <sub>4</sub>	54
<b>BENCH 1775</b> • 2019 Reisling	11 <sup>3</sup> / <sub>4</sub>	17	45 <sup>1</sup> / <sub>2</sub>
<b>CLOS DU SOLEIL</b> • 2022 Sauvignon Semillon	—	—	49 <sup>1</sup> / <sub>2</sub>

### ROSÉ

<b>UNSWORTH</b> • 2022 Provence Style Rosé	11 <sup>3</sup> / <sub>4</sub>	17	45 <sup>1</sup> / <sub>2</sub>
<b>PHANTOM CREEK</b> • 2021 Biodynamic Rosé	—	—	51 <sup>3</sup> / <sub>4</sub>

### RED

<b>MODEST WINES</b> • 2021 'By Jove' Sangiovese	11 <sup>3</sup> / <sub>4</sub>	17	45 <sup>1</sup> / <sub>2</sub>
<b>DA SILVA</b> • 2021 Pinot Noir	14	20 <sup>1</sup> / <sub>4</sub>	54
<b>FAIRVIEW</b> • 2021 Buckets o' Blood	—	—	59
<b>LE VIEUX PIN</b> • 2022 Syrah Cuvée Violette	—	—	65 <sup>1</sup> / <sub>2</sub>

### BUBBLES

<b>MT. BOUCHERIE</b> • 'Mt Bubbles' Frizzante	11 <sup>3</sup> / <sub>4</sub>	—	45 <sup>1</sup> / <sub>2</sub>
<b>TANTALUS</b> • 2019 Blanc De Blancs	—	—	59
<b>THE HATCH</b> • 2022 'Octobubbles' Sparking Rosé	—	—	46 <sup>1</sup> / <sub>2</sub>

## BC BEER + CIDER

	12oz	20oz
<b>ABANDONED RAIL</b> , <i>Penticton BC</i> Rotating Tap	6	9 <sup>3</sup> / <sub>4</sub>
<b>TWIN SAILS</b> , <i>Port Moody BC 5.1%</i> Would Crush Blue Raspberry Wheat Ale	6	9 <sup>3</sup> / <sub>4</sub>
<b>33 ACRES</b> , <i>Vancouver BC 6.5%</i> Fluffy Cloud Hazy IPA	6	9 <sup>3</sup> / <sub>4</sub>
<b>NEIGHBOURHOOD</b> , <i>Penticton BC 5%</i> Czech Pilsner	6	9 <sup>3</sup> / <sub>4</sub>
<b>NARAMATA CIDER CO</b> <i>Naramata BC</i> Rotating Tap	7	10 <sup>3</sup> / <sub>4</sub>
<b>STRANGE FELLOWS</b> , <i>Delta BC 4.0 %</i> Talisman West Coast Pale Ale	8 <sup>3</sup> / <sub>4</sub>	(473ml)
<b>FOUR WINDS</b> , <i>Delta BC 5.5%</i> Nectarous Dry Hopped Sour	8 <sup>3</sup> / <sub>4</sub>	(473ml)
<b>DAGERAAD BREWING</b> , <i>Burnaby BC 5%</i> Amber Ale	8 <sup>3</sup> / <sub>4</sub>	(473ml)
<b>WHISTLER BREWING</b> , <i>Whistler BC 5%</i> Forager Gluten Free	6 <sup>3</sup> / <sub>4</sub>	(355ml)
<b>BNA BREWING</b> , <i>Kelowna BC 4.8%</i> 76 Wolverine Lager	7	(355ml)
<b>PARTAKE BREWING</b> , <i>Calgary AB 0%</i> Non-Alcoholic Hazy IPA	7	(355ml)

TIME TO  
EAT!



**TO START & SHARE**

- MARKET SOUP** **GFO** 9/11  
Served with grilled sourdough
- CHICKPEA FRIES** **GF** 14<sup>1/2</sup>  
Served with wasabi pea mayo
- LEEK PUMPKIN SEED PATE** **GFO** 17  
Smokey maple tapenade, pickled cauliflower, grilled sourdough
- SWEET CORN QUESO** **GF** 16<sup>3/4</sup>  
Creamy cashew cauliflower dip with grilled peppers, smoky corn, chipotle black beans and house-made chili lime chips
- TRUFFLE PARMESAN POPCORN** **GF** 7  
Organic, plant-based, popped fresh to order

**SALADS**

- CRISPY ARTICHOKE CAESAR SALAD** **GF** 14/22  
Crispy artichokes, charred broccoli, Leccino olives, parmesan breadcrumbs, your favourite Frankie's caesar dressing
- SANTE FE QUINOA SALAD** **GF** 14/22  
Corn salsa, dates, candied pepitas, black beans, raspberry chipotle dressing

**LUNCH SPECIAL UNTIL 3PM**

- ANY 2 PLUS A CRAFT LEMONADE** 23<sup>1/2</sup>
- MEDITERRANEAN ARTICHOKE SANDWICH\*\***
- FRANKIE CHEESEBURGER\*\***
- LEMONGRASS TOFU WRAP\*\***
- BUFFALO CAULIFLOWER WRAP\*\***
- CRISPY ARTICHOKE CAESAR SALAD** **GF**
- SANTE FE QUINOA SALAD** **GF**
- STONE FRUIT SALAD** **GF**
- SKINNY SESAME FRIES** **GF**
- MARKET SOUP** **GF**

\*\* +\$6 if ordered together

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**MARKET FRESH SHEET**

- MUSHROOM PASTOR TACOS** **GF** 16<sup>1/2</sup>  
Fried enoki mushrooms, charred pineapple, jalapeno crema, crisp slaw, cilantro, feta, lime
- STONE FRUIT SALAD** **GF** 14/22  
Seasonal stone fruit, cherry tomato, basil balsamic dressing, cucumber, feta, flatbread crackers
- THAI GREEN CURRY** **GF** 25  
Grilled lemongrass tofu, fresh herbs, zucchini, snap peas, broccoli, crisp carrots, coconut jasmine rice

- MARRAKESH GRILLED SUMMER VEGETABLES** **GF** 25  
Ras el Hanout chickpeas, tomato, mint, lentils, chermoula grilled vegetables, beet baba ganoush, feta, date gastrique
- CHORIZO RANCHERO BOWL** **GFO** 23<sup>3/4</sup>  
Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, tomato, chili sauce
- FRANKIE CHEESEBURGER** 22<sup>3/4</sup>  
Mushroom patty, plant-based cheese, awesome sauce, lettuce, tomato, kettle cooked chips, served with sesame fries OR salad

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- MEDITERRANEAN ARTICHOKE SANDWICH** 22<sup>3/4</sup>  
Almond romesco, arugula, crispy artichokes, zucchini, tomato, grilled red onion, melted cheese, balsamic reduction
- CAULIFLOWER MAC N' CHEESE** **GFO** 23<sup>3/4</sup>  
Creamy truffle cauliflower sauce, parmesan breadcrumbs, watercress, crisp celery, white balsamic  
♦ Gluten-free pasta 2
- WEST COAST AVOCADO BOWL** **GF** 23<sup>3/4</sup>  
Grilled avocado, sticky brown rice, cherry tomatoes, Thai basil, napa cabbage, crispy chickpeas, cashew edamame crunch